

# 1984 International Holiday

## Mailing Dates Reported

For those with relatives in the armed services stationed overseas, and those who wish to mail holiday greetings and packages to others living in foreign countries, now is the time to plan for holiday mailings, according to Heber City Postmaster Lynn Forakis.

Parcels sent to military personnel in Australia, the far East and Southeast Asia have to be mailed by October 19 if shipped by surface mail, the least expensive form of shipment.

November is the month when most parcels shipped via Parcel Airlift Mail (PAL) should be sent. PAL packages are airlifted

ity, then airlifted on a space available basis from the gateway to the APO (Army or Airforce Post Office).

Packages up to 30 pounds and 60 inches in combined length and

girth may be sent by PAL. Mailers pay the regular Parcel Post rate to the U.S. exit port or from the port of entry plus a fee

for air service. The air service fee is 30 cents for 3-4 pounds, and \$1.20 for 4-30 pounds.

November mailers can also ship military parcels by Space Available Mail (SAM). Items shipped by SAM are transported by surface means in the contiguous 48 states and flown

on a space available basis from the U.S. to the overseas destination or from the overseas destination to the U.S. Packages up to 15 pounds and 60 inches in combined length and girth may be sent by SAM for regular Parcel Post rates to the U.S. exit port or from the U.S. port of entry.

When mailed from a military post office outside the 48 contiguous states, the weight and size of any piece cannot be more than 70 pounds in weight

and not more than 100 inches in length and girth combined.

Here are three important calendars of suggested mailing dates to assure parcels and greetings will arrive on time. The international mail calendar is the one to follow for civilian mail.



## Heart Attack

Dr. Kitty Ferguson

Heart attacks in children? Impossible! Well, not actually. There are some rare diseases that can cause real adult-like heart attacks during childhood but that isn't what I'm referring to today. I'm actually going to talk about the heart attack that your child is creating now but that won't happen until he is 50 or so.

Research is showing more and more that heart attacks and strokes are being made in the Lego set. It also shows that the way to prevent them is to intervene during childhood. Getting healthy at any age is good.

heart attack at 50 isn't the best way to go about it. (In fact it might even be dangerous so check with your doctor first.)

Now, what can you do. First it helps to identify the things that make one child more likely to have heart attacks than another. Factors proven to increase the risk include a family history of heart disease (especially under age 50), diabetes, inadequate physical exercise, high blood pressure, high cholesterol in the blood, cigarette smoking, obesity, and an abnormal heart tracing. Two thirds of school age children have at least one of these factors and 21 percent have three or more! Let's look at these factors and see what you as a

parent can do for your child's future.

A positive family history of heart attacks and strokes is alarming if there are lots of them and if they occur at relatively young ages. You can't change your genes but you can be more careful if you come from such a family. One of the inherited factors is a tendency to have too much of certain fats in the blood. Deposits of fat have been found along the arteries of very young American children and serious clogging of arteries of young men killed in Vietnam so we know the problem starts early. A blood test can detect people with this problem. Children with high levels two years apart are twice as likely to die of heart attacks.

Obesity is closely related to heart diseases. This is because it is related to four other risk factors: High blood fat, high blood pressure, diabetes, and inadequate exercise. More than 10 percent of school age children are seriously overweight. While

control and conditioning of the heart.

About 15 percent of white American children have high blood pressure. A few of these will be secondary to some other undiagnosed medical problem, about half are because of obesity and the rest are just because. The only way to diagnose hypertension is to take an accurate blood pressure with the correct size cuff. This should be part of routine well child checks. If blood pressure is high on several occasions it should be treated regardless of the age of the child.

In future columns I will talk more about weight control and exercise in children. One thing you can do is to keep salt intake down in your house. If your family must sprinkle then don't add salt during cooking. Avoid very salty snacks. Reduce cholesterol by limiting the amount of red meat to no more than 3 oz. a day in children. Drink 2% instead of whole milk. Use the

cing The



# Changes in postal rates as of February 17 1985

## U.S. mail to various destinations

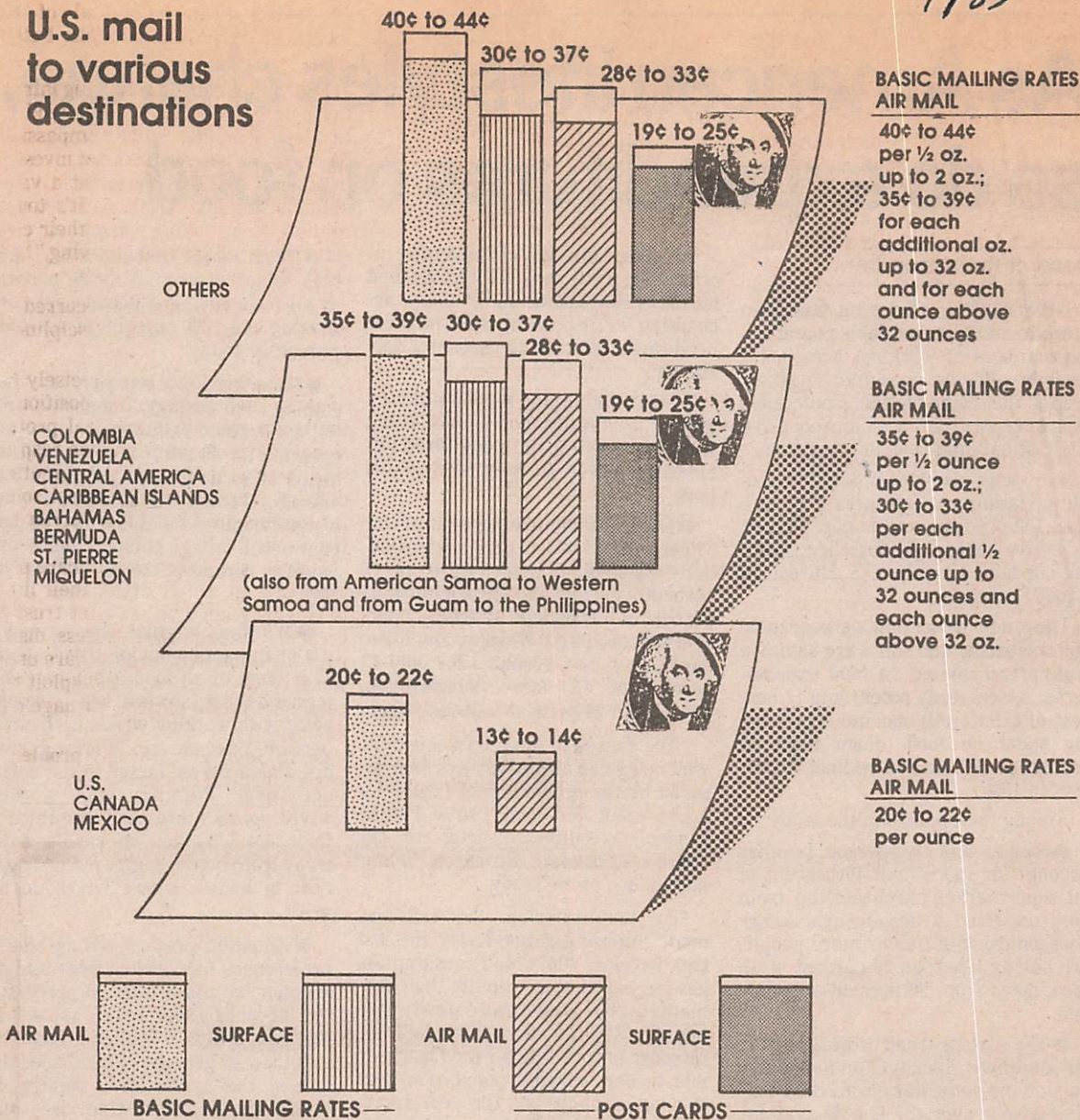


Chart shows the postage required beginning Sunday when you send mail to foreign countries.

## You'll soon pay more in postage when writing to friends abroad

If you're corresponding with a relative or friend in a foreign country, you'll soon be paying a few cents more for letters, packages and post cards.

New postal rates for international mail will feature a basic increase in the airmail rate from 40 to 44 cents for a half ounce up to two ounces, according to the U.S. Postal Service. The cost of each additional half-ounce up to 32 ounces and each full ounce above 32 ounces will rise from 35 cents to 39 cents.

The basic airmail rate applies to most countries, except Canada and Mexico, whose one-ounce letter rate will be the same as U.S. first class mail.

The new international rates go into effect Sunday, the same day domestic one-ounce mailing rates are scheduled to rise from 20 to 22 cents.

Airmail rates for Colombia, Venezuela, Central America and the Caribbean Islands, Bahamas, Bermuda, St. Pierre and Miquelon (French-ruled islands off Newfoundland's southern coast) will rise from 35 to 39 cents per half ounce for the first two ounces and from 30 to 33 cents for each additional half ounce. Those rates will also apply from American to Western Samoa and from Guam to the Philippines.

Aerogramme rates will rise from 30 cents to 36 cents.

The price of letters going by sur-

face will jump from 30 to 37 cents for the first ounce. Post cards for all countries, except Canada and Mexico, will cost 25 cents by surface and 33 cents by air, up from 19 and 28 cents, respectively. Post cards to Canada and Mexico will cost 14 cents.

Margaret Parsons, customer services representative for the Salt Lake Postal Service, said the new rates were established last summer at the Universal Postal Union conference in Hamburg, West Germany. She said the rates are established based on the amount of mail each country receives from the others. The rate increase for international mail is the first since January 1981.

"We pay each country for handling our mail, but the problem is that our

ILLUSTRATION/ CRAIG HOLYOAK



# As American lifestyles change, so do expenditures on food

## Deseret News special

**NEW YORK** — Changing American lifestyles, smaller households and rising numbers of working women are steadily altering consumer markets across the country, the Conference Board reports in a comprehensive study of national spending patterns.

The study provides a detailed profile of family expenditures for more than 150 products and is based on an extensive survey of consumer spending conducted by the U.S. Bureau of Labor Statistics.

The study shows how demographic and socioeconomic shifts are having a widespread impact on food expenditures. As the study notes, only 17 percent of U.S. family income is now being spent on food, down from 19 percent in 1970 and more than 22 percent in 1960.

Among the findings in the study:

- Singles and two-person families account for more than 40 percent of all supermarket purchases, up from only one-third a decade ago. Large households, with five or more people, are buying less than 20 percent of all food, down from 30 percent a decade ago.

- The strong trend toward eating out continues. Spending on food eaten outside the home has climbed 2.6 percent a year over the last decade, far faster than supermarket expenditures. More than 32 percent of the American food dollar is now spent on food eaten away from home, up from 28 percent in the early 1970s and 17 percent in the early 1960s.

- Young families are becoming increasingly more important to the food business. Households under 35 are accounting for 31 percent of all food expenditures, up from 22 percent a decade ago.

- Meat is claiming less than 25 percent of the family food budget, down from 29 percent in the early 1970s. Declines have been sharpest for beef and pork.

- Beer and ale are accounting for 52 percent of family spending on alcohol consumed at home, up from 47 percent a decade ago. Wine claims 23 percent of this budget, up from 15 percent a decade ago. Whiskey and other hard liquor now accounts for only 13 percent of all home consumption, down from 24 percent a decade ago.

"The degree of a nation's economic well being can almost always be measured by the proportion of family income spent for food," says Fabian Linden, executive director of the board's Consumer Research Center and author of the study.

"By this criterion, the U.S. has made imposing gains during the last two decades. While food consumption has increased more rapidly than population, it has grown more slowly than income. Slightly more than half the increase in spending for food has been due to our growing population over the last decade, but the rest represents an important improvement in living standards."

A detailed breakdown of buying patterns based on demographic and socio-economic changes shows the following:

- Traditional husband-wife families, which accounted for 80 percent of all food buying a decade ago, are making only 70 percent of all food purchases today.

- Supermarket customers are becoming increasingly sophisticated. College-trained families are now accounting for 46 percent of all food industry sales, up from 30 percent a decade ago. Women will continue to play a significant role in this trend: 52 percent of all college students today are women, compared to 40 percent in 1970.

- Working women are having a major impact on buying trends. Some 55 percent of all food expenditures in husband-wife families are in households with working wives, up from 40 percent a decade ago. Working wives are also a major factor in the eating out trend. Families with working wives spend more than one-third of their food budget on meals eaten away from home, compared to 25 percent in homes where wives do not work.

- Education plays a strong role in preferences for alcohol. Beer and ale account for more than 60 percent of the alcohol budget among those with less than a high school education, but less than 40 percent of total spending among those who have college degrees. Spending for wine rises with education, accounting for 15 percent of the alcohol budget among those with a modest education to well over 30 percent for those with college degrees. Whiskey consumption does not appear to be related to education.

## Stock market opens lower to extend previous selloff

**NEW YORK (AP)** — The stock market opened lower Tuesday, extending the sharp selloff in the previous session.

The Dow Jones average of 30 industrials, which erased last week's 12.25 gain with a decline of 13.91 on Monday, was down 6.07 at 1,269.99 after the first half-hour of trading today.

Declining issues took an early 2-to-1 lead over gainers among New York Stock Exchange issues.

In early trading today on the NYSE, Atlantic Richfield was unchanged at 45¼, Mobil was down ¼ at 27¼ and Computervision was down ½ at 41¼.

On Monday, the Dow Jones average of 30 industrials fell 13.91 to 1,276.06.

Big Board volume totaled 104.00 million shares, against 116.46 million in the previous session.

with a coupon of 14 percent maturing in 2021 and 1981 Series C with a coupon of 13 percent, maturing in 2021.

This is termed an "advance" refunding because the bonds to be replaced have seven more years before the call date. Proceeds from this sale will be placed in escrow and invested in government securities until that date.

Reece D. Nielsen, IPA chairman, explains the financing strategy: "We are lowering our overall borrowing costs by about \$320 million with this issue alone. Even a fraction of a percentage point calculated over 30 years makes an enormous difference. The savings can ultimately result in lower energy costs for the consumer."

This is the first of the agency's refunding issues and was sold to a syndicate managed by Goldman Sachs & Co., New York.

## Mountain safety lectures set

The Snowbird Fire Station (Salt Lake County Service Area 3) will offer three more in a series of lectures to help promote safe enjoyment of the mountain environment.

The lectures, free to the public, will be held at the fire station, entry 4 to Snowbird Resort in Little Cottonwood Canyon. For more information, phone 521-6040, ext. 2030.

IRA to sell \$772.75 million